

Full Report (All Nutrients) 11312, Peas, green, frozen, unprepared

Report Date:October 04, 2015 21:31 EDT

Nutrient values and weights are for edible portion.

Food Group : Vegetables and Vegetable Products**Carbohydrate Factor: 4.07 Fat Factor: 8.37 Protein Factor:3.47 Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 134g	1 package 284g
Proximates						
Water ¹	g	79.98	105	0.240	107.17	227.14
Energy	kcal	77	--	--	103	219
Energy	kJ	322	--	--	431	914
Protein ¹	g	5.22	95	0.057	6.99	14.82
Total lipid (fat) ¹	g	0.40	101	0.025	0.54	1.14
Ash ¹	g	0.78	86	0.070	1.05	2.22
Carbohydrate, by difference	g	13.62	--	--	18.25	38.68
Fiber, total dietary ¹	g	4.5	7	0.131	6.0	12.8
Sugars, total ¹	g	5.00	--	--	6.70	14.20
Sucrose ¹	g	4.60	9	0.193	6.16	13.06
Glucose (dextrose) ¹	g	0.08	6	0.037	0.11	0.23
Fructose ¹	g	0.25	6	0.210	0.34	0.71
Lactose ¹	g	0.00	3	0.000	0.00	0.00
Maltose ¹	g	0.08	6	0.014	0.11	0.23
Galactose ¹	g	0.00	1	--	0.00	0.00
Starch ¹	g	4.17	3	0.203	5.59	11.84
Minerals						
Calcium, Ca ¹	mg	22	90	1.223	29	62
Iron, Fe ¹	mg	1.53	95	0.032	2.05	4.35
Magnesium, Mg ¹	mg	26	31	0.881	35	74
Phosphorus, P ¹	mg	82	45	2.212	110	233
Potassium, K ¹	mg	153	38	5.477	205	435

Nutrient	Unit	1			1 cup 134g	1 package 284g
		Value Per 100	Data points	Std. Error		
Sodium, Na ¹	mg	108	56	22.670	145	307
Zinc, Zn ¹	mg	0.82	33	0.016	1.10	2.33
Copper, Cu ¹	mg	0.124	34	0.004	0.166	0.352
Manganese, Mn ¹	mg	0.336	33	0.031	0.450	0.954
Selenium, Se ¹	µg	1.9	19	0.420	2.5	5.4
Vitamins						
Vitamin C, total ascorbic acid	mg	18.0	77	0.655	24.1	51.1
Thiamin ¹	mg	0.259	89	0.009	0.347	0.736
Riboflavin ¹	mg	0.100	90	0.003	0.134	0.284
Niacin ¹	mg	1.723	90	0.058	2.309	4.893
Pantothenic acid ¹	mg	0.547	3	0.029	0.733	1.553
Vitamin B-6 ¹	mg	0.083	3	0.003	0.111	0.236
Folate, total	µg	53	--	--	71	151
Folic acid	µg	0	--	--	0	0
Folate, food	µg	53	--	--	71	151
Folate, DFE	µg	53	--	--	71	151
Choline, total	mg	27.0	--	--	36.2	76.7
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	103	--	--	138	293
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	1225	--	--	1642	3479
Carotene, alpha	µg	20	--	--	27	57
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	2058	--	--	2758	5845
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	2352	--	--	3152	6680
Vitamin E (alpha-tocopherol)	mg	0.02	6	0.003	0.03	0.06
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Tocopherol, beta	mg	0.00	6	0.000	0.00	0.00
Tocopherol, gamma	mg	0.75	6	0.054	1.00	2.13
Tocopherol, delta	mg	0.01	6	0.002	0.01	0.03
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0

Nutrient	Unit	1			1 cup 134g	1 package 284g
		Value Per 100	Data points	Std. Error		
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone) ¹	µg	27.9	2	--	37.4	79.2
Lipids						
Fatty acids, total saturated	g	0.066	--	--	0.088	0.187
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000
16:0	g	0.060	--	--	0.080	0.170
18:0	g	0.007	--	--	0.009	0.020
Fatty acids, total monounsaturated	g	0.033	--	--	0.044	0.094
16:1 undifferentiated	g	0.000	--	--	0.000	0.000
18:1 undifferentiated	g	0.033	--	--	0.044	0.094
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.175	--	--	0.234	0.497
18:2 undifferentiated	g	0.142	--	--	0.190	0.403
18:3 undifferentiated	g	0.033	--	--	0.044	0.094
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Tryptophan	g	0.036	--	--	0.048	0.102
Threonine	g	0.195	--	--	0.261	0.554
Isoleucine	g	0.187	--	--	0.251	0.531
Leucine	g	0.311	--	--	0.417	0.883
Lysine	g	0.305	--	--	0.409	0.866
Methionine	g	0.079	--	--	0.106	0.224

Nutrient	Unit	1			1 cup 134g	1 package 284g
		Value Per 100	Data points	Std. Error		
Cystine	g	0.031	--	--	0.042	0.088
Phenylalanine	g	0.192	--	--	0.257	0.545
Tyrosine	g	0.109	--	--	0.146	0.310
Valine	g	0.226	--	--	0.303	0.642
Arginine	g	0.412	--	--	0.552	1.170
Histidine	g	0.102	--	--	0.137	0.290
Alanine	g	0.231	--	--	0.310	0.656
Aspartic acid	g	0.476	--	--	0.638	1.352
Glutamic acid	g	0.712	--	--	0.954	2.022
Glycine	g	0.177	--	--	0.237	0.503
Proline	g	0.167	--	--	0.224	0.474
Serine	g	0.174	--	--	0.233	0.494
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0
Flavonoids						
Flavonols						
Kaempferol ^{2,4}	mg	0.0	1	--	0.0	0.0
Quercetin ^{2,4}	mg	0.2	1	--	0.2	0.4
Isoflavones						
Daidzein ³	mg	0.0	1	--	0.0	0.0
Genistein ³	mg	0.0	1	--	0.0	0.0
Total isoflavones ³	mg	0.0	1	--	0.0	0.0

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program, Wave 9I, 2005 Beltsville MD

²Ewald, C., Fjelkner-Modig, S., Johansson, K., Sjöholm, I., and Åkesson, B. Effect of processing on major flavonoids in processed onions, green beans, and peas., 1999 Food Chem. 64 pp.231-235

³Liggins, J., Bluck, L. J. C., Runswick, C., Atkinson, C., Coward, W. A., and Bingham, S. A. Daidzein and genistein content of vegetables., 2000 Brit. J. Nutr. 84 pp.717-725

⁴Andlauer, W., Stumpf, C., Hubert, M., Rings, A., and Furst, P. Influence of cooking process on phenolic marker compounds of vegetables., 2003 Int. J. Vitam. Nutr. Res. 73 2 pp.152-159

Language Code(s)

- A0152 VEGETABLE OR VEGETABLE PRODUCT (US CFR)
- A1281 1100 VEGETABLES AND VEGETABLE PRODUCTS (USDA SR)
- B1338 PEA
- C0133 SEED, SKIN PRESENT, GERM PRESENT
- E0150 WHOLE, NATURAL SHAPE

- F0018 PARTIALLY HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0003 NO TREATMENT APPLIED
- J0136 PRESERVED BY FREEZING
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION